

# ASPIRE • BELIEVE • ACHIEVE



	Year 7 Autumn Term 1				
What are we learning?	What knowledge, understanding and skills will we gain?	What does excellence look like?	What additional resources are available?		
Life Beyond	Knowledge	Participate in active citizenship	Doddle		
School –	Introduction to PSHE	both in and outside of the school	PSHE Advice booklet		
Managing	Getting to know people	environment	BBC Education		
Change	What is community?		YouTube		
	Careers and your future	Display a positive attitude towards	Rise Above		
	Sleep and relaxation	learning			
	Financial education	_			
	Transition points in your life	Convey points of view in a			
		coherent way and have respect for			
	Understanding	opposing view points			
	I understand what positive wellbeing is and the different types	Do able to reflect on tonics and			
	I understand the key skills needed to be successful in school and beyond it	Be able to reflect on topics and lessons in order to develop personal qualities			
	I can identify a range of people I trust in my life				
	I know a lot about other people in my class				
	I can identify positive character traits	Ability to contribute verbally to			
	I can define community cohesion	class discussion and debates			
	I understand the benefits of a multicultural society				
	I know how to be an active member of my community	Apply knowledge and			
	I am aware of how important careers education is	understanding to written			
	I'm aware of how not to limit my future career options	communication and argument			
	I'm aware of future opportunities in learning and work				
	I understand what happens to me when I sleep	Organisation of time and			
	I can explain the benefits of good quality sleep	submission of homework project			
	I know a rage of strategies to improve my sleep				
	I can explain the three purposes of money				
	I understand how money can influence the world in positive and negative	Have concern for human dignity			
	ways	and equality			
	I can identify key areas of government expenditure				
	I understand the term transition	Have respect for yourself and			
		others			

	I can explain the different career transition points in secondary school and beyond I am able to reflect on the feelings experienced during transition	Value tolerance, justice and respect and diversity	
	<ul> <li>Skills</li> <li>Think critically</li> <li>Distinguish fact from opinion</li> <li>Father information and critically evaluate evidence</li> <li>Make reasoned arguments and justify ideas</li> <li>Consider the perspectives of others</li> <li>Use discussion, debate and deliberation to explore issues and ideas</li> <li>Cooperate with others</li> <li>Problem solve</li> <li>Recognise forms of manipulation and persuasion</li> <li>Speak appropriately for yourself and for others</li> <li>Be able to work as a team and execute leadership</li> <li>Be able to manage change and transition points</li> <li>Identify where to go for support on different issues</li> </ul>	Have respect for the rule of law  Be resilient in times of challenge	
	Year 7 Autumn Term	2	
What are we learning?	What knowledge, understanding and skills will we gain?	What does excellence look like?	What additional resources are available?
Health and Wellbeing – Puberty and Body development	<ul> <li>Knowledge         <ul> <li>Introduction to puberty</li> <li>Puberty – girls focus</li> <li>Puberty – boys focus</li> <li>Personal hygiene</li> <li>Growing up (inc FGM)</li> <li>Assertiveness, consent and hormones</li> <li>Self-esteem and empowerment</li> </ul> </li> <li>Understanding         <ul> <li>I understand the challenges that puberty brings</li> <li>I am able to empathise with others who are about to go through puberty</li> <li>I know the emotional, social and physical changes that happen during puberty</li> <li>I know the physical changes that happen to girls bodies, inside and out</li> </ul> </li> </ul>	Participate in active citizenship both in and outside of the school environment  Display a positive attitude towards learning  Convey points of view in a coherent way and have respect for opposing view points  Be able to reflect on topics and lessons in order to develop personal qualities	Doddle PSHE Advice booklet BBC Education YouTube Rise Above

I understand the range of feminine protection products available and how they work

I understand the main things that happen to a girl during her menstrual cycle I can identify all parts of the male reproductive system

I am able to empathise with boys who are going through puberty I know the physical and emotional changes that happen to boys during puberty

I understand the causes of body odour and how to prevent it
I can explain how personal hygiene links to a healthy body
I understand how to achieve high standards of personal hygiene
I know how to look after my best interests in the future
I understand a range of cultural practices that are illegal and damaging for young people

I understand the dangers of FGM and how to stop it from happening I understand how to respect my own and others personal boundaries I understand the three key elements to giving consent I can effectively communicate with others in an assertive way

I am able to share my views with others and make meaningful contribute to lessons

I am able to listen carefully to others and ask the right questions when needed

I am able to work well with others and overcome and challenges that may present

### Skills

- Think critically
- Distinguish fact from opinion
- Father information and critically evaluate evidence
- Make reasoned arguments and justify ideas
- Consider the perspectives of others
- Use discussion, debate and deliberation to explore issues and ideas
- Cooperate with others
- Problem solve
- Recognise forms of manipulation and persuasion
- Speak appropriately for yourself and for others
- Be able to work as a team and execute leadership
- Be able to manage change and transition points
- Identify where to go for support on different issues

Ability to contribute verbally to class discussion and debates

Apply knowledge and understanding to written communication and argument

Organisation of time and submission of homework project

Have concern for human dignity and equality

Have respect for yourself and others

Value tolerance, justice and respect and diversity

Have respect for the rule of law

	Year 8 Autumn	Term 1	
What are we learning?	What knowledge, understanding and skills will we gain?	What does excellence look like?	What additional resources are available?
learning?  Celebrating diversity and equality – LGBTQ Explored	Knowledge  Intro to year 8  LGBT — What is it?  LGBT — Homophobia  Supporting those who are LGBT  Challenging homophobia  Transphobia  Coming out  Understanding  I can explain the importance of celebrating LGBTQA+ History Month  understand the meaning of LGBTQA+  can name a variety of LGBTQA+ role models  can define homophobia  understand a range of forms homophobia takes  understand why its wrong to use homophobic language  am Ally to the LGBTQA+ Community  understand how to support a friend in need  would be confident in challenging homophobic language if I heard it  can recognise passive, assertive and aggressive communication styles  know how to be assertive with someone  feel well equipped to challenge homophobic when I see it in school  understand what gender dysphoria is  understand the importance of celebrating the LGBT+ Community  feel confident in talking about trans issues to other people and using the correct terms  know how to support someone coming out  know where to go for extra information and support regarding  LGBTQA+ issues  understand the issues faced by someone coming out  am confident in talking about LGBTQA+ issues with friends and family	Participate in active citizenship both in and outside of the school environment  Display a positive attitude towards learning  Convey points of view in a coherent way and have respect for opposing view points  Be able to reflect on topics and lessons in order to develop personal qualities  Ability to contribute verbally to class discussion and debates  Apply knowledge and understanding to written communication and argument  Organisation of time and submission of homework project  Have concern for human dignity and equality  Have respect for yourself and others  Value tolerance, justice and respect and diversity  Have respect for the rule of law	available?  Doddle PSHE Advice booklet BBC Education Youtube Rise Above
	Skills	Be resilient in times of challenge	
	Think critically		

	<ul> <li>Distinguish fact from opinion</li> <li>Father information and critically evaluate evidence</li> <li>Make reasoned arguments and justify ideas</li> <li>Consider the perspectives of others</li> <li>Use discussion, debate and deliberation to explore issues and ideas</li> <li>Cooperate with others</li> <li>Problem solve</li> <li>Recognise forms of manipulation and persuasion</li> <li>Speak appropriately for yourself and for others</li> <li>Be able to work as a team and execute leadership</li> <li>Be able to manage change and transition points</li> <li>Identify where to go for support on different issues</li> </ul>		
	Year 8 Autumn 7	Form 2	
What are we learning?	What knowledge, understanding and skills will we gain?	What does excellence look like?	What additional resources are available?
Staying safe online and offline – Dangerous society online and offline	<ul> <li>Knowledge</li> <li>County lines – what is it?</li> <li>County lines – who is at risk?</li> <li>Substance misuse</li> <li>Online safety – cyber bullying</li> <li>Grooming boys and girls</li> <li>Drugs and alcohol safety</li> <li>Child exploitation and online protection</li> </ul> Understanding <ul> <li>I know what county lines is and some of the terminology used</li> <li>I understand where I can go for help if I feel threated by County Lines gangs</li> <li>I understand how county line gangs operate and the dangers of getting involved</li> <li>I can explain how gangs make people feel trapped</li> <li>I can recognise when a friend is involved with County Lines</li> <li>I understand the groups of people County line Gangs target and why</li> <li>I can define substance misuse and substance dependency</li> <li>I know how drugs impact the body</li> <li>I can identify a range of factors that may lead to someone abusing drugs</li> </ul>	Participate in active citizenship both in and outside of the school environment  Display a positive attitude towards learning  Convey points of view in a coherent way and have respect for opposing view points  Be able to reflect on topics and lessons in order to develop personal qualities  Ability to contribute verbally to class discussion and debates  Apply knowledge and understanding to written communication and argument  Organisation of time and submission of homework project	Doddle PSHE Advice booklet BBC Education Youtube Rise Above

Have concern for human dignity and I can define trolling, cyber bullying and harassment I understand how online behaviour can impact my mental health and equality well-being Have respect for yourself and others I know how to prevent and respond to cyber bullies I can spot a fake profile online Value tolerance, justice and respect and I understand what online grooming is and how people may try to gain diversity my trust in order to abuse it I know where to report online issues and to seek further advice and Have respect for the rule of law support I understand how alcohol strength is measured Be resilient in times of challenge I can recognise binge drinking when I see it I understand the consequences of consuming alcohol I understand what child sexual exploitation is I can explain a range of ways to reduce the risks associated with being online I can offer good advice to a friend having trouble online Skills Think critically Distinguish fact from opinion Father information and critically evaluate evidence Make reasoned arguments and justify ideas Consider the perspectives of others Use discussion, debate and deliberation to explore issues and ideas Cooperate with others Problem solve Recognise forms of manipulation and persuasion Speak appropriately for yourself and for others Be able to work as a team and execute leadership Be able to manage change and transition points

Identify where to go for support on different issues

	Year 9 Autumn	Term 1	
What are we learning?	What knowledge, understanding and skills will we gain?	What does excellence look like?	What additional resources are available?
Health and	Knowledge	Participate in active citizenship both in	
wellbeing – Body	Self-esteem changes	and outside of the school environment	Doddle
confidence	What is a penis?		PSHE Advice booklet
	What Is a vulva?	Display a positive attitude towards	BBC Education
	Bullying in all its forms	learning	Youtube
	Dealing with grief and loss		Rise Above
	Media and airbrushing	Convey points of view in a coherent way	
	Cancer prevention and healthy lifestyles	and have respect for opposing view points	
	Understanding	Do able to reflect on towice and leaves	
	I can identify the difference between high and low self esteem	Be able to reflect on topics and lessons in order to develop personal qualities	
	I can explain how things influence someone's self esteem		
	I know a range of ways to manage my own self-esteem	Ability to contribute verbally to class discussion and debates	
	I am confident at labelling the male reproductive system I know the make up of a sperm cell		
	I understand how testosterone impacts the body	Apply knowledge and understanding to written communication and argument	
	I know the difference between a vulva and a vagina		
	I can label correctly all parts of the female reproductive system		
	I can explain what cervical screening is	Organisation of time and submission of	
	I know what HBT Bullying is	homework project	
	I can explain how schools and charities are helping to tackle HBT	nomework project	
	Bullying		
	I understand the devastating impact HBT bullying has on society	Have concern for human dignity and	
	I can explain what grief is	equality	
	I understand the range of emotions people may feel when grieving	,	
	I know what I could do to try and help support someone who is	Have respect for yourself and others	
	grieving	·	
	I know how unrealistic the images I see in the media are	Value tolerance, justice and respect and	
	I can describe what it means to be body positive and body neutral	diversity	
	I can explain the link between airbrushing and photo editing and self		
	esteem	Have respect for the rule of law	
	I make healthy choices in my lifestyle		
	I understand some of the latest research on cancer prevention	Be resilient in times of challenge	

	I can explain how diet, stress and life situations impact on physical health  Skills  Think critically Distinguish fact from opinion Father information and critically evaluate evidence Make reasoned arguments and justify ideas Consider the perspectives of others Use discussion, debate and deliberation to explore issues and ideas Cooperate with others Problem solve Recognise forms of manipulation and persuasion Speak appropriately for yourself and for others Be able to work as a team and execute leadership Be able to manage change and transition points Identify where to go for support on different issues		
What are we	Year 9 Autumn What knowledge, understanding and skills will we gain?	What does excellence look like?	What additional resources are
learning? Relationships and	Knowledge	Participate in active citizenship both in	available?
sex education –	Sexual consent and the law	and outside of the school environment	Doddle
Sex, the law and	FGM and the law		PSHE Advice booklet
consent	Delaying sexual activity	Display a positive attitude towards	BBC Education
	Why have sex?	learning	Youtube
	Relationships and partners	Common mainte of view in a call	Rise Above
	Pleasure and masturbation	Convey points of view in a coherent way and have respect for opposing view	
	What are STI's?	points	
	Understanding		
	I understand the requirements for consent	Be able to reflect on topics and lessons in order to develop personal qualities	
	I know the law in relation to consent, sexual assault and rape	in order to develop personal qualities	
	I understand the vital importance of consent	Ability to contribute verbally to class	
	I can identify and label all the external parts of the female sexual	discussion and debates	
	anatomy I understand the law regarding FGM in the UK		
	Transcend the law regarding FOW III the OK		1

I understand the dangers associated with FGM and Know where to seek help and support

I understand the benefits of delaying sexual activity

I understand the importance of being assertive with others

I will stick up for myself in any future relationships

I know a range of things to consider before engaging in sexual relations

I can explain positive and negative reasons to have sex

I understand the full range of consequences of making a relationship sexual

I understand the main features that help to build a healthy relationship

I know a range of non physical characteristics to look for in a partner I am able to evaluate if a relationship is positive and healthy or not I can define the terms pleasure and masturbation and give examples of each

I understand the benefits and risks associated with masturbation I understand and can evaluate the risks associated with different sexual activities

Able to name at least 5 sexually transmitted infections Understand the 2/3 main groups of STI's that exist Able to describe some of the possible symptoms of having an STI

#### Skills

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- Cooperate with others
- Problem solve
- Recognise forms of manipulation and persuasion
- Speak appropriately for yourself and for others
- Be able to work as a team and execute leadership
- Be able to manage change and transition points
- Identify where to go for support on different issues

Apply knowledge and understanding to written communication and argument

Organisation of time and submission of homework project

Have concern for human dignity and equality

Have respect for yourself and others

Value tolerance, justice and respect and diversity

Have respect for the rule of law

	Year 10 Autumn	Term 1	
What are we learning?	What knowledge, understanding and skills will we gain?	What does excellence look like?	What additional resources are available?
Staying safe	Knowledge	Participate in active citizenship both in	Doddle
online and	Honour based violence	and outside of the school environment	PSHE Advice booklet
offline –	Forced marriages		BBC Education
Violence, crimes	Online gambling	Display a positive attitude towards	Youtube
and seeking	Social media validation	learning	Rise Above
safety	Keeping data safe		
	Modern day slavery	Convey points of view in a coherent way	
	Preventing knife crime	and have respect for opposing view	
		points	
	Understanding		
	I can define honour, equality and dishonour	Be able to reflect on topics and lessons	
	I understand the law relating to honour based violence	in order to develop personal qualities	
	I can evaluate the best way to tackle honour based violence in		
	communities	Ability to contribute verbally to class	
	I can define forced marriage and Breast ironing	discussion and debates	
	I understand the role of the Forced Marriage Unit		
	I could advise someone of where to seek help if they are being forced	Apply knowledge and understanding to written communication and argument	
	into a marriage		
	I can explain the roles of the BBFC and the PEGI	Organisation of time and submission of	
	I understand the risks associated with online gambling	homework project	
	I understand a wide range of methods used by gaming companies to	nomework project	
	entice its players to spend money		
	I will not become addicted to social media	Have concern for human dignity and	
	I can explain the link between social media and negative self esteem	equality	
	I understand how to combat social media validation	equality	
	My personal online data is safe and protected	Have respect for yourself and others	
	I can recognise an online scam email when I see one	,	
	I know how to protect myself and my family from being a victim of	Value tolerance, justice and respect and	
	online fraud	diversity	
	I understand how to recognise modern day slavery		
	I understand how human trafficking links to modern day slavery	Have respect for the rule of law	
	I understand which Human Rights are being abused due to modern day		
	slavery	Be resilient in times of challenge	
	I understand the impact of carrying a knife on me and others		

	I can explain how to tackle the causes behind people carrying knifes		
	I understand how to seek further advice and support in relation to knife		
	crime		
	Skills		
	Think critically		
	Distinguish fact from opinion		
	Father information and critically evaluate evidence		
	<ul> <li>Make reasoned arguments and justify ideas</li> </ul>		
	<ul> <li>Consider the perspectives of others</li> </ul>		
	<ul> <li>Use discussion, debate and deliberation to explore issues and</li> </ul>		
	ideas		
	Cooperate with others		
	Problem solve		
	Recognise forms of manipulation and persuasion		
	Speak appropriately for yourself and for others		
	Be able to work as a team and execute leadership		
	Be able to manage change and transition points		
	Identify where to go for support on different issues		
	Year 10 Autumn	Term 2	
What are we learning?	What knowledge, understanding and skills will we gain?	What does excellence look like?	What additional resources are available?
Life beyond	Knowledge	Participate in active citizenship both in	
school – rights	Instagram generation	and outside of the school environment	Doddle
and	Targeted advertising		PSHE Advice booklet
responsibilities	What is marriage?	Display a positive attitude towards	BBC Education
	<ul> <li>Rights and responsibilities</li> </ul>	learning	Youtube
	Consumer rights		Rise Above
	Employment rights	Convey points of view in a coherent way	
	Understanding a payslip	and have respect for opposing view points	
	Understanding		
	I understand the concepts of hyper-edited and hyper filtered media	Be able to reflect on topics and lessons	
	I know why social media is so popular with young people	in order to develop personal qualities	
	I understand the negative impact social media has on body image and	Abilia. A secretibula control de la control	
	self esteem	Ability to contribute verbally to class	
	I can explain how geotargeted, contextual and retargeted advertisements work	discussion and debates	

I can explain the role of the Advertisement Standards Agency
I know when I am being subjected to targeted advertisements online
I can explain what marriage is and what it is not
I can explain the law around gay marriage in the UK and Europe
I know a range of views on sex before marriage
I understand the duties of a citizen in the UK
I can identify many different rights and responsibilities I have
I can explain the difference between civil and criminal law
I can identify unethical business practices

I know my consumer rights and responsibilities
I can explain how both consumers and business can drive better working practices

I know a range of employment rights and responsibilities
I know the minimum amounts per hour employees must be paid
I understand the term 'Gender pay gap'
I understand how to interpret a payslip
I know how to work out Gross Pay and Net Pay on a payslip

I am aware of all the deductions that are likely to come out of my salary when I'm older

#### Skills

- Think critically
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- Cooperate with others
- Problem solve
- Recognise forms of manipulation and persuasion
- Speak appropriately for yourself and for others
- Be able to work as a team and execute leadership
- Be able to manage change and transition points
- Identify where to go for support on different issues

Apply knowledge and understanding to written communication and argument

Organisation of time and submission of homework project

Have concern for human dignity and equality

Have respect for yourself and others

Value tolerance, justice and respect and diversity

Have respect for the rule of law

	Year 11 Autumr	n Term 1	
What are we learning?	What knowledge, understanding and skills will we gain?	What does excellence look like?	What additional resources are available?
Life beyond	Knowledge	Participate in active citizenship both in	
school – Your	Time management	and outside of the school environment	Doddle
future and	How to revise		PSHE Advice booklet
beyond	<ul> <li>Dealing with anxiety and exam stress</li> </ul>	Display a positive attitude towards	BBC Education
	Writing a CV	learning	Youtube
	<ul> <li>LGBTQ+ Rights across the world</li> </ul>		Rise Above
	Instalife vs real life	Convey points of view in a coherent way	
		and have respect for opposing view	
	Understanding	points	
	I am aware of the dangers associated with smart phone and screen addiction	Be able to reflect on topics and lessons in order to develop personal qualities	
	I understand what makes a good environment to sleep and study in	in order to develop personal qualities	
	I can explain the benefits and drawbacks of increasing use and reliance on technology in my life	Ability to contribute verbally to class discussion and debates	
	I can identify countries that have discriminatory laws against the LGBT	discussion and debates	
	community	Apply knowledge and understanding to	
	I can explain the positive and negative impact following social media influencers has on me	written communication and argument	
	I can identify the four main ways social media stresses people I can identify the symptoms of stress	Organisation of time and submission of homework project	
	I am aware that what I see on social media is not reflective of real life I can explain the positive and negative impact following social media	nomework project	
	influencers has on me	Have concern for human dignity and	
	I can identify the four main ways social media stresses people	equality	
	I know range of ways to deal with any exam stress I have	. ,	
	I understand how different amounts of stress can impact my	Have respect for yourself and others	
	performance and ability to think clearly		
	I understand why a CV is important	Value tolerance, justice and respect and	
	I am confident in creating my own CV	diversity	
	I understand how to layout a CV and what I should avoid, in order to		
	make it look professional	Have respect for the rule of law	
	I know why a Personal Statement is important		
	I am able to write my own Personal Statement	Be resilient in times of challenge	
	I understand when a Personal Statement may be required		

	Skills  Think critically Distinguish fact from opinion Father information and critically evaluate evidence Make reasoned arguments and justify ideas Consider the perspectives of others Use discussion, debate and deliberation to explore issues and ideas Cooperate with others Problem solve Recognise forms of manipulation and persuasion Speak appropriately for yourself and for others Be able to work as a team and execute leadership Be able to manage change and transition points Identify where to go for support on different issues		
	Year 11 Autumn	Term 2	'
What are we learning?	What knowledge, understanding and skills will we gain?	What does excellence look like?	What additional resources are available?
Health and wellbeing – Adult health and looking after yourself	<ul> <li>Knowledge         <ul> <li>Organ donation and donating blood</li> <li>Teenage pregnancy choices</li> <li>Abortion – morals, laws, thoughts</li> <li>Testicular and prostate cancer</li> <li>Cervical, breast and ovarian cancer</li> <li>Parenthood</li> <li>Love and abuse are not the same thing</li> </ul> </li> <li>Understanding         <ul> <li>I am aware of different forms of organ donation and the NHS waiting lists</li> <li>I can explain the importance of giving blood</li> <li>I Know how the law is changing in relation to organ donation</li> <li>I understand the signs that someone may be pregnant</li> <li>I understand the range of options available to someone who is pregnant</li> <li>I can identify a range of methods that will and will not get me pregnant</li> </ul> </li> </ul>	Participate in active citizenship both in and outside of the school environment  Display a positive attitude towards learning  Convey points of view in a coherent way and have respect for opposing view points  Be able to reflect on topics and lessons in order to develop personal qualities  Ability to contribute verbally to class discussion and debates  Apply knowledge and understanding to written communication and argument	Doddle PSHE Advice booklet BBC Education Youtube Rise Above

I can explain why abortion is such a controversial topic around the world

I can explain the signs and symptoms of testicular cancer I know how to conduct a self-examination of mine or my boyfriends testicles

I understand what prostate cancer is

I can explain the signs and symptoms of breasts cancer I know how to conduct a self-examination of mine or my girlfriends breasts

I understand the significance of a smear test and cervical screening
I can explain a range of ways people can become parents
I understand the challenges and opportunities of a new born baby
I understand the costs involved in raising a child
I can describe what domestic abuse and domestic violence is
I understand a range of things that can cause conflicts in a relationship
I understand the barriers and coping strategies for leaving an abusive relationship

#### Skills

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- Cooperate with others
- Problem solve
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- Speak appropriately for yourself and for others
- Be able to work as a team and execute leadership
- Be able to manage change and transition points
- Identify where to go for support on different issues

Organisation of time and submission of homework project

Have concern for human dignity and equality

Have respect for yourself and others

Value tolerance, justice and respect and diversity

Have respect for the rule of law